

AFL Draft Combine Tests Information Sheet



At the end of each year the AFL holds an event called the 'Draft Combine' where hopeful AFL players are put through a series of testing. These tests include medical screening, physical performance tests such as vertical jump test, 20m sprint test and a range psychological performance tests.

Vertical Jump Test

This test is used to evaluate an athletes lower body power. Vertical jumping and lower body power is important in AFL when jumping for marks, jumping to spoil and particularly important in ruck contests.

20m Sprint Test

The 20m sprint is a test of a players acceleration and speed. Both are very important in a game of AFL for breaking away from an opponent, getting open on a lead and bursting away from stoppages.

AFL Agility Test

This is a specific slalom-type agility test developed for AFL, which involves running in, out and around obstacles over roughly 40 meters in total. The ability to quickly change direction is very important for AFL to be able to get clear of an opponent, or move through congestion.

Beep Test

The Beep test is used to test a players aerobic endurance. This is arguably the most important physical aspect of AFL as players will run up to 16-18km a game (dependant upon position). In AFL you need to be aerobically fit to perform well towards to end of quarters and at the end of a match, which can be the most critical part of a game.

Previous Elite STP Average Results

| STP 2011 | Height (cm) | Weight (kg) | Vertical Jump Standing (cm) | 20m Sprint (s) | AFL Agility (s) | Beep Test |
|----------|-------------|-------------|-----------------------------|----------------|-----------------|-----------|
| U11 | 145.3 | 38.4 | 32.9 | 3.84 | 9.91 | 7.5 |
| U12 | 151.1 | 43.1 | 34.0 | 3.78 | 9.83 | 7.8 |
| U13 | 158.6 | 47.6 | 38.4 | 3.66 | 9.52 | 8.2 |
| U14 | 168 | - | 43.8 | 3.49 | 9.22 | 10.6 |
| U15 | 173.2 | - | 47.7 | 3.36 | 8.98 | 10.9 |
| U16+ | 181 | - | 50.6 | 3.19 | 8.66 | 11.6 |

| STP 2012 | Height (cm) | Weight (kg) | Vertical Jump Standing (cm) | 20m Sprint (s) | AFL Agility (s) | Beep Test |
|----------|-------------|-------------|-----------------------------|----------------|-----------------|-----------|
| U11 | 145 | 37.2 | 33 | 3.91 | 9.93 | 7.6 |
| U12 | 149.6 | 42.3 | 40 | 3.54 | 9.58 | 7.9 |
| U13 | 156.5 | 48.9 | 38 | 3.44 | 9.46 | 8.9 |
| U14 | 164.5 | 55.9 | 46 | 3.38 | 9.19 | 10.0 |
| U15/16+ | 176.1 | 67.8 | 54 | 3.24 | 8.9 | 11.7 |

| STP 2013 | Height (cm) | Weight (kg) | Vertical Jump Standing (cm) | 20m Sprint (s) | AFL Agility (s) | Beep Test |
|----------|-------------|-------------|-----------------------------|----------------|-----------------|-----------|
| U11 | 143.5 | 36 | 34 | 3.76 | 9.89 | 7.5 |
| U12 | 148 | 40 | 36 | 3.71 | 9.77 | 7.8 |
| U13 | 158 | 44 | 42 | 3.6 | 9.48 | 8.2 |
| U14 | 163 | 50.5 | 45 | 3.38 | 9.2 | 10.6 |
| U15 | 172.5 | 62 | 50 | 3.27 | 8.84 | 10.9 |
| U16+ | 173.5 | 71 | 53 | 3.21 | 8.79 | 11.6 |

| STP 2013 | Height (cm) | Weight (kg) | Vertical Jump Standing (cm) | 20m Sprint (s) | AFL Agility (s) | Beep Test |
|----------|-------------|-------------|-----------------------------|----------------|-----------------|-----------|
| U10 | 135 | 31 | 29 | 3.97 | 9.94 | 7.8 |
| U11 | 143 | 36 | 37 | 3.79 | 9.87 | 8.1 |
| U12 | 148 | 40 | 37 | 3.79 | 9.81 | 8.2 |
| U13 | 157 | 46 | 41 | 3.59 | 9.48 | 8.6 |
| U14 | 162 | 53 | 45 | 3.52 | 9.25 | 9.9 |
| U15 | 171 | 61 | 53 | 3.33 | 8.9 | 10.5 |
| U16+ | 173 | 71 | 55 | 3.23 | 8.85 | 11.0 |

Representative Squad Average Results

| TAC Cup | Height (cm) | Weight (kg) | Vertical Jump Standing (cm) | 20m Sprint (s) | AFL Agility (s) | Beep Test |
|---------|-------------|-------------|-----------------------------|----------------|-----------------|-----------|
| U15 | 178.4 | 68.7 | 54.7 | 3.26 | 8.68 | 11.2 |
| U16 | 183.1 | 74.1 | 55.0 | 3.19 | 8.38 | 11.8 |
| U18 | 185.7 | 76.2 | 59.0 | 3.08 | 8.11 | 12.3 |

| Inter-league | Height (cm) | Weight (kg) | Vertical Jump Standing (cm) | 20m Sprint (s) | AFL Agility (s) | Beep Test |
|--------------|-------------|-------------|-----------------------------|----------------|-----------------|-----------|
| U14 | 171.5 | 62.3 | 50.0 | 3.28 | 8.89 | 10.05 |
| U15 | 176.6 | 67.6 | 56.0 | 3.19 | 8.74 | 10.09 |
| Youth Girls | 162 | - | 43.3 | 3.55 | 9.47 | 7.01 |

AFL Players Results

| Name | Height (cm) | Weight (kg) | Vertical Jump Standing (cm) | 20m Sprint (s) | AFL Agility (s) | Beep Test |
|---------------------|-------------|-------------|-----------------------------|----------------|-----------------|-----------|
| Alan Toovey | 189 | 89 | - | 2.94 | - | - |
| Brett Delidio | 188 | 88 | 68 | 2.9 | - | - |
| Dale Thomas | 185 | 86 | 66 | 2.93 | - | - |
| Danyle Pearce | 179 | 80 | 70 | 2.79 | 7.79 | - |
| Dion Prestia | 175 | 82 | - | - | - | - |
| Dustin Martin | 187 | 86 | - | 2.89 | - | - |
| Dylan Grimes | 193 | 87 | - | 2.95 | - | - |
| Dyson Heppell | 189 | 90 | 64 | - | - | 14.13 |
| Gary Rohan | 188 | 82 | - | 2.95 | - | - |
| Jack Watts | 196 | 88 | 70 | 2.82 | - | - |
| Jarred O-Nicholls | 188 | 82 | - | 2.85 | 7.97 | - |
| John Butcher | 197 | 89 | 66 | - | - | - |
| Josh Caddy | 186 | 82 | - | - | - | 14.07 |
| Lewis Jetta | 181 | 68 | 69 | - | - | - |
| Luke Shuey | 183 | 88 | - | 2.92 | - | 14.04 |
| Marc Murphy | 180 | 80 | - | - | - | - |
| Matthew Kreuzer | 200 | 101 | - | - | - | 14.02 |
| Nathan Krakouer | 182 | 78 | - | 2.83 | - | - |
| Patrick Dangerfield | 189 | 92 | 73 | 2.92 | - | - |
| Richard Tambling | 179 | 79 | 66 | 2.87 | - | - |
| Sam Reid | 194 | 88 | - | - | - | 14.07 |
| Scott Selwood | 186 | 86 | - | - | - | 14.07 |